

VMST NEWSLETTER

Virginia Masters Swim Team

"VMST - from the Mountains to the Sea"

January 15, 1999

STRESS BUSTING

STRESS ... Just the word can cause a jaw-clenching, muscle-tightening, heart-racing reaction! In this article, we begin to look at handling stress effectively.

Although a stress-free life might seem ideal, we actually depend on stress to survive and thrive. Physically, a lack of stress is associated with weak or atrophied musculature; a lack of mental stress leads to boredom. However, too much stress, or feeling overwhelmed, negatively affects mental and physical health. Believe it or not, there is such a thing as "good stress"! We experience good stress when we take part in enjoyable challenging tasks, projects, and activities.

Difficult and/or unpleasant challenges pop up in everyone's life. The key to handling these challenges successfully partly lies in choosing positive perceptions and reactions. For example, you discover a scratch on your brand new car. Is this a catastrophe that will negatively affect your whole day? Or, is it a situation you accept as something that was going to happen sooner or later? The choice is yours!

In sports, if you experience seemingly negative mental and physical stresses, you can talk yourself into believing you are going to perform poorly, or you can choose to believe that your mind and body can conquer the challenges ahead!

In any situation, search for positive perceptions. You might have to search hard, but finding a bright spot - even just the realization that handling a difficult situation well is good practice for next time - can help you stay happy and healthy.

This article is by CJ Hall and appeared in Positive Performer, a publication of Positive Performance 301-309-3688, micandcj@erols.com. CJ is a masters swimmer and coach.

WINTER AND SPRING MEETS MAKE YOUR PLANS NOW!

FEBRUARY 7-8: VMST MEET AT BRIARWOOD IN RICHMOND. ENTRIES DUE BY JANUARY 29.

FEBRUARY 20-21: MARYLAND MASTERS MEET IN CATONSVILLE, MD. ENTRIES DUE BY FEBRUARY 11. NO DECK ENTRIES.

MARCH 20: VMST MEET AT FORT EUSTIS.

MARCH 27: ALBATROSS OPEN, BETHESDA, MD.

APRIL 10: VMST MEET IN ROANOKE.

APRIL 17-18: RALEIGH, NC.

APRIL 30-MAY 2: COLONIES ZONE CHAMPIONSHIP, U. OF MD, COLLEGE PARK, MD.

MAY 13-16: USMS NATIONALS, SANTA CLARA, CA.

SEE PAGE 2 FOR ENTRY INFORMATION.

REGISTRATION FOR 1999

Have you sent in your USMS registration form for 1999? Your 1998 registration expired December 31, and you will need your 1999 card to enter the Richmond meet. PLEASE do not wait until the last minute to renew. Our Registrar, Craig Campesi, mailed renewal forms to everyone. If you lost yours, see page 8 of this newsletter.

Meet Schedule

January 30-31: Charlotte, NC

NCwebmaster@usms.org

February 7-8: Briarwood, Richmond, VA

Entry was in the Nov and Dec newsletters.

February 20-21: UMBC, Catonsville, MD

Contact: Barb Protzman, 7919 Falls Circle, Catonsville, MD
21228-2421, 410-788-2964, swimbarb@erols.com

March 20: Ft Eustis, VA

Virginia State SC Championships

Entry is in this newsletter.

March 27: Bethesda, MD

Albatross Open, SCM

April 10: Roanoke area

Entry will be in the February newsletter.

April 17-18: Raleigh, NC

Contact: Steve Weatherman, PO Box 19845, Raleigh, NC
27619, 919-844-3673

April 22-25: YMCA Nationals, Milwaukee, WI

April 30-May 2: Colonies Zone Championship

U. of Md., College Park, MD

Entry will be in the newsletter as soon as I receive one.

May 13-16: USMS Nationals, Santa Clara, CA

Entry will be in *SWIM*.

Newsletter Editor

Betsy Durrant

211 66th Street, Virginia Beach, VA 23451
757-422-6811 (fax or phone before 9:30 pm)

DurrantB@aol.com

Camps and Clinics

Total Immersion Adult Swim Camps.

Contact: Terry Laughlin (914) 294-9770. For calendar of camps
800-609-7946, info@totalimmersion.net

Premier Stroke Clinic Series.

Contact: Clay Britt, 301-231-9740.

Web Sites

LMSC for VA
serve.com/LMSC_for_VA
(LMSC Records are listed here.)

USMS
usms.org
(Information, Discussions, Links to Top Ten and other sites)

NEW!!!
VaSwim.org
All about Masters Swimming in Virginia
Links to other sites.

Open Water Events

June 6: Reston 2 Mile Lake Swim

Contact: Lynn Hazlewood, 11714 Decade Ct, Reston, VA
20191-2942, 703-845-SWIM, lynhzlwd@usms.org

June 20: 1-Mile Ocean Swim, Virginia Beach

Entry will be in newsletter.

July 10: 2-Mile Lake Swim, Charlottesville, VA

USMS National Championship. Entry will be in newsletter.

Not USMS Sanctioned Events

May 22: 12-Mile Eastern Shore Marathon Swim

June 5: 7.5 Mile Potomac River Swim

June 19 and July 10: 1.5-4 Mile Events

Contact: Joe Stewart, 3212 Avon Ave, Baltimore, MD 21218,
410-243-4418

VMST OFFICERS

President: Nancy Miller

NancyMillr@aol.com

Vice President: Patty Powis

PPowis@aol.com

Secretary: Harry DeLong

hdelong@ix.netcom.com

Treasurer: Mike Duignan

gr82swim2@email.msn.com

Three VMST Swimmers are Number 1!

Long Course times from all meets in 1998 have been tabulated and published. **Patty Powis** finished first in the 50 meter Breaststroke; **Lisa Bennett** finished first in the 50 and 100 meter Breaststroke; **Dan Summerlin** finished first in the 50 meter Freestyle and 200 meter Individual Medley. Congratulations to them and to **Beth Baker** who had eight Top Ten times..

Top Ten performances by VMST swimmers were as follows:

Paula Jones (25-29): 9-100 Free, 8-800 Free, and 7-400 IM.

Shannon Summerlin (25-29): 6-50 Back, 5-100 Back, 4-200 Back, 7-50 Breast, 5-100 Breast, 8-50 Fly.

Riscilla Bettis (30-34): 8-50 Back, 8-200 Fly.

Molly Dean (30-34): 8-50 Fly.

Beth Baker (35-39): 7-50 Free, 3-50 Back, 4-100 Back, 7-200 Back, 2-50 Fly, 2-100 Fly, 4-200 IM, 4-400 IM.

Patty Powis (35-39): 8-1500 Free, 1-50 Breast, 4-100 Breast, 4-200 Breast.

Lisa Bennett (40-44): 5-1500 Free, 1-50 Breast, 1-100 Breast, 3-200 Breast, 8-200 IM.

Terry Gault (45-49): 6-400 Free, 4-800 Free, 4-1500 Free, 3-100 Fly, 4-200 Fly.

Betsy Durrant (55-59): 9-50 Back, 6-100 Back, 5-200 Back, 5-50 Breast, 6-100 Breast, 5-200 Breast, 6-200 IM.

Laura Walker (60-64): 5-50 Free.

Roberta Sugden (80-84): 10-200 Free, 9-50 Breast, 5-50 Fly, 5-200 IM.

Dan Summerlin (25-29): 1- 50 Free, 2-100 Free, 3-100 Fly, 5-200 Fly, 1-200 IM.

Dave Holland (30-34): 6-400 Free, 10-800 Free, 7-100 Fly, 2-200 Fly.

Lang Meem (40-44): 8-200 Back.

Gennard Lanzara (40-44): 10-200 Breast.

The complete Top Ten listing is available from two sources. A booklet may be ordered from the USMS National Office (PO Box 185, Londonderry, NY 03053-0185) for \$7 for one issue or \$15 for a year subscription (3 issues). The complete listing is also available on the internet. Go to the USMS site (USMS.org) and connect to the Top Ten from there.

News from Roanoke *(e-mail to the editor)*

Dear Betsy,

I just want to whisper to you about what is going on at the Carter Athletic Center in Roanoke, VA. We are a Masters group of over 22 adults. It is growing daily. We are so excited. We had our own intersquad meet - many had not competed before. We did relays and funny 50s to keep the event light and fun. Then in "Miller Style" we had a social at my house - fun and fellowship was abundant. But we definitely missed having the dj king and queen to rock the night away ..

The one who is responsible for the evolving Masters group is our first real coach, Eve. She is a godsend and loves her Masters group. She is involved with the private swim team that functions out of the CAC and is new to this country. Her accent makes figuring out if she said "forty" or "fourteen" difficult, so

See Roanoke on page 4.

Roanoke continued from page 3.

we always err to the fourteen because we would hate to do forty of anything. Anyone who met Eve at the Richmond weekend clinic knows what we are so happy about. We appreciate her dedication to us whinny old coots.

Anyway, Betsy, I just wanted to let you know we are swimming and looking forward to participating as a subset of the bigger VMST group.

Happy Holidays from Roanoke.
Susie.

What Kind of Swimmer Are You?

by Wayne Goldsmith

Editor's note: This article came from the December, 1998, issue of Swimming World and is reprinted with permission. While the article is aimed at young swimmers, the concept is definitely applicable to Masters swimmers.

Ok. It's 5 a.m. It's still dark. You would probably rather be home in bed asleep. Your coach has come in as excited as ever and has written this workout on the blackboard:

Warm-up 400 easy freestyle
6 x 50 breaststroke drills (2 kicks/stroke) on 1:30
Kick set 10 x 50 breaststroke kick on 1:15
Main set 16 x 100 freestyle on 1:40 holding
personal best plus 15 seconds
Swim down 6 x 100 IM slow and easy

The question now is: "What do you do next?"

The obvious answer is to swim a 400 freestyle, 6 x 50 breaststroke drills, etc., etc. Everyone on your team will be doing that.

But the real question is: "What will you do that is better, faster and smarter than everyone else to give

you the winning edge? What will you do in this session that will make you a better athlete?"

If you want to be the best swimmer in your club, your state, your region, country or the world, you must first be the best swimmer in your lane. You must set for yourself a higher standard than anyone else in your lane is prepared to set. You must set a higher standard and more challenging goals than even your coach thinks possible.

The most successful swimmers set tougher goals for themselves than anyone else could possible set.

Of course, there's nothing wrong with being "just" a good or very good swimmer. That takes more work, dedication and self-discipline than 99 percent of the people you'll ever meet. And it will give you the attitudes and habits that will bring you success in high school, college and your career.

But if you want to be a great swimmer, the secret to success is in how you do your workouts.

Look at each of the five sets in the accompanying chart (page 5) and honestly rate how you would do them. For each set, award yourself one, two or three points depending on which description fits you best. Add up your total points, then see how you compare:

13-15 points - Look out, world! You may be the next Jenny Thompson or Alex Popov.

9-12 points - You are a very good swimmer with the potential to make senior nationals.

5-8 points - You are a good swimmer and should succeed at whatever you do in life.

About the Author

Wayne Goldsmith is the sports science coordinator for Australian Swimming. This article was adapted from Australian Swimming and Fitness Magazine with permission from the publisher and the author.

POINTS:

1

2

3

MY SCORE:**WORKOUT ACTIVITY****GOOD SWIMMER****VERY GOOD SWIMMER****GREAT SWIMMER**

Warm-up:
400 easy free

Swim slow easy freestyle

Swim slow easy freestyle,
making sure not to breathe
inside the flags and to
streamline off every turn

Swim slow easy freestyle,
making sure not to breathe
inside the flags and to
streamline off every turn,
not breathing on the first or
last strokes, and counting
strokes trying to swim each
lap with one less stroke than
the one before

Drill: 6 x 50
breaststroke
drills on 1:30

Do the drills

Do the drills correctly

Do the drills correctly, aiming
to do the minimum number of
pulls and kicks each lap,
developing great distance per
kick and trying to hold an exact
pace with a full underwater
pullout each 50

Kick set: 10 x 50
breast kick
on 1:15

Do the kick set

Do the kick set fast and hard
with strong, powerful kicks

Do the kick set fast and hard
with strong, powerful kicks,
trying to kick each 50 as close
as possible to your 50 meter
personal best swim time with as
few kicks as possible

Main set:
16 x 100 free on
1:40, holding
personal best
plus 15 sec.

Do 16 x 100 on 1:40,
holding personal best
plus 15 seconds

Do 16 x 100 on 1:40, holding
personal best plus 15 seconds,
trying to streamline out of
each turn

Do 16 x 100 on 1:40, holding
personal best plus 15 seconds,
aiming to hold an exact pace or
experimenting with pacing
strategies like negative-splitting.
You might also consider trying to
minimize strokes and breaths
while holding an exact pace and
streamlining a minimum of
10 meters off every turn

Swim-down:
6 x 100 IM
slow and easy

Swim down 600 meters

Swim down 600 meters, aiming
to do good turns

Swim down 600 meters, aiming to
do good turns and practicing to
improve on any areas of weakness
in your worst stroke

MY TOTAL

A Note From the President

by Nancy Miller

Happy New Year to all of you, and I hope 1999 finds you healthy and swimming well. Advance entries are due January 29th if you wish to be seeded in our February 6/7 meet at Riverside-Briarwood here in Richmond, and I hope to see many of you there. We will have our VMST meeting that Saturday morning at the pool at 9:30 a.m. prior to warmups. All team members are welcome, and breakfast will be provided for those who attend. If any team member has an item to be considered as part of our agenda, please contact me directly.

I have secured a small block of rooms for our team in Santa Clara and will have that information for you in February's newsletter. And don't forget that our Colonies Zone meet will be held in Maryland this year at the new University of Maryland pool. It should be a great meet to use as a tune-up for Nationals for those who are going or as a shave and taper meet for those who are not.

See you at Briarwood!

Jesse "The Body" Ventura A Swimmer?

It seems that the new governor of Minnesota was a high school swimmer!

From the November 16, 1998, issue of *TIME* magazine: "For openers, his name is assumed. James George Janos was born in Minneapolis in 1951; graduated from Roosevelt High School, after exploits on the football and swimming teams, in 1969 ..."

The 2000 LC Nationals will be in Minneapolis. I wonder if he would be interested?!

Workout

This is a workout that Jim Brinkman and I put together. I'm responsible for the easy part and Jim, of course, is responsible for the hard part.

600 - 900	WARM UP 200 or 300 Swim, Pull, Kick
600	STROKE WORK 12 x 50 2 x 50 Fly Kick or Drill 25/Swim 25 4 x 50 Back #1 Kick on side #2 One arm #3 K3 on side, stroke, K3 #4 Swim, emphasis on roll 4 x 50 Free Same as Back except #3 is catch-up 2 x 50 Breast Pull w/ dolphin 25/Swim 25
1200-1600	MAIN SET 3 or 4 sets of 4 x 100 In each set of 4: #1 K/S/P/S #2 Drill/Swim/Drill/Swim #3 Build by 25s #4 All out - quality
100-200	COOL DOWN
Total Yards:	2500-3300

Coaches and Swimmers: Please send in workouts. I find it interesting to find out what others are doing during in their practices. **Swimmers**, especially, let me know what workout you like best or what workout helps you the most. Team members who practice without a coach like to see a variety of workouts.

Butterfly Fin Drills

by Bill Volckening

The following list of butterfly fin drills is one I frequently use with young swimmers. These drills also have applications for Masters swimmers — particularly those who are learning to swim the butterfly.

1 dolphin kick on the back with a perfect streamline — I suggest to the swimmers a few things to help them do this drill properly. Keep the chin up so the back of the head stays in the water. The chin should not be lowered toward the neck and swimmers should avoid the temptation of looking at their feet because it redistributes the body weight and creates drag. I also suggest kicking up with the top part of the foot. Streamline by placing one hand on top of the other, raising the arms above the head, stretching and squeezing the head between the arms.

2 dolphin kick on the side — one arm is extended up above the head and the other is down at the side. The arm on the side facing the bottom of the pool is the one that is extended.

3 kick drill/swim — I try to incorporate the undulating body motion of the dolphin kick with the arm pull by switching back and forth between the kick drills and the swim. I suggest one pool length of each with discussion in between.

4 one-arm butterfly — I emphasize that this is not supposed to be like freestyle, and I ask swimmers to breathe to the front and use the dolphin kick.

5 dolphin dive — only works in pools shallow enough for swimmers to stand up. Swimmers push off the bottom of the pool, bring their arms around from the side and dive down letting their feet follow through the hole.

6 bound feet with fins — sometimes swimmers have a difficult time eliminating the flutter kick from their dolphin kick. I sometimes use rubber tubing to tie their legs together at the ankles while also using fins. This drill is only used every once in a while. Overuse can cause the swimmers to get sore ankles — and young swimmers generally don't like the drill, but it works like a charm. I use it as an incentive to do it right — ie: "if we don't get rid of the flutter kick, I will tie your legs together like we did before...."

7 technical inventory (a progression)

A head dive — The head should be thrown down in between the arms when the arms are thrown forward. I tell swimmers to think about it when doing short swims

B head connected to hips/behind-I remind swimmers that the head dives to help keep the hips high in the water. I tell them to drop the heads and stick up their behinds in the same motion. This way the swimmer can roll through the kick.

C keyhole pull — The pull should be "shaped" like a keyhole, generally speaking a circle on top of an open triangle. I tell the swimmers to think about it when doing short swims.

D coordinate the finish of the pull with the second kick — I remind swimmers that there are two kicks per complete arm rotation. The last part of their underwater pull (bottom part of the keyhole) must be combined with the second kick to help them swim butterfly more easily and efficiently. I remind them to stick their chins forward when breathing and to avoid having their stroke going too far up and too far down (if their stroke is too vertical I tell them to "flatten it out")

■ email from Bill last January during his stint as a NEM



1999 USMS, INC and LMSC for Virginia Registration

☐ NEW ☐ RENEWAL - Current USMS Number _____

Last name _____ First name _____ Initial _____

Important: Register with the name that you will use when you enter meets.

Street address _____

City _____ State _____ Zip _____

Telephone (____) _____ Date of Birth _____ Age _____ Sex ☐ FEMALE ☐ MALE

E-mail Address _____ Coach ☐ USMS ☐ USS Official ☐ USMS ☐ USS

Team:

- ☐ UNATTACHED
☐ VMST (Virginia Masters)
☐ VBSC (Valley Blues)
☐ AVMS (Academical Village)
☐ CCLM (Concord C-Lion)
☐ BMS (Blacksburg Masters)
☐ ODMS (Old Dominion Masters)

☐ Other: _____

Area Where You Swim:

- ☐ Northern VA (Prince William)
☐ Stafford / Fredericksburg
☐ Richmond
☐ Petersburg
☐ Charlottesville
☐ Roanoke / Salem
☐ Lynchburg
☐ Blacksburg / Radford
☐ Norfolk / VA Beach
☐ Hampton / Newport News
☐ Williamsburg
☐ Winchester / Front Royal
☐ Leesburg
☐ Lexington
☐ Harrisonburg / Staunton
☐ Warrenton / Culpeper
☐ West Virginia
☐ Other: _____

For Registrations:

Make check payable to:

LMSC for VIRGINIA

Mail this form and check to:

Craig Campesi
14134 Walton Drive
Manassas, VA 20112-3701

703-447-6618

I, the undersigned participant, intending to be legally bound, hereby certify that I am physically fit and have not been otherwise informed by a physician. I acknowledge that I am aware of all the risks inherent in Masters Swimming (training and competition), including possible permanent disability or death, and agree to assume all of those risks. AS A CONDITION OF MY PARTICIPATION IN THE MASTERS SWIMMING PROGRAM OR ANY ACTIVITIES INCIDENT THERETO, I HEREBY WAIVE ANY AND ALL RIGHTS TO CLAIMS FOR LOSS OR DAMAGES, INCLUDING ALL CLAIMS FOR LOSS OR DAMAGES CAUSED BY THE NEGLIGENCE, ACTIVE OR PASSIVE, OF THE FOLLOWING: UNITED STATES MASTER SWIMMING, INC., THE LOCAL MASTERS SWIMMING COMMITTEES, THE CLUBS, HOST FACILITIES, MEET SPONSORS, MEET COMMITTEES, OR ANY INDIVIDUALS OFFICIATING AT THE MEETS OR SUPERVISING SUCH ACTIVITIES. In addition, I agree to abide by and be governed by the rules and regulations of USMS.

Signature _____

Date _____

Fees:	VMST	<input type="checkbox"/> 1 yr. = \$36	<input type="checkbox"/> 2 yr. = \$72	Other Fees:	<input type="checkbox"/> Laminated Card Wallet Size \$0.50
	All Others	<input type="checkbox"/> 1 yr. = \$21	<input type="checkbox"/> 2 yr. = \$42		<input type="checkbox"/> Laminated Card Luggage Tag \$1.00
<input type="checkbox"/> I wish to contribute \$1.00 (or \$____) to the International Swimming Hall of Fame Foundation. I have added this amount to my 1998 registration fees					
<input type="checkbox"/> I wish to contribute \$1.00 (or \$____) to the United States Master Swimming Foundation. I have added this amount to my 1998 registration fees					
TOTAL FEE _____					
All registrations are valid through December 31, 1998 (1yr.) or December 31, 1999 (2yr.)					
Note: All registration fees are reduced by \$8 during the last 2 months of 1998 (September and October, 1998) VMST \$28/\$64(98&99) All Others \$13/\$34(98&99)					

Benefits of Membership include: A subscription to SWIM Magazine during the length of the membership year (\$7.00 of the annual dues is designated for a Swim Magazine subscription), and periodic mailings from the Local Masters Swimming Committee. VMST members also receive additional VMST newsletters.

USMS Registered swimmers are covered with secondary accident insurance.

1) in practices supervised by a USMS member or a USS certified coach where all swimmers are USMS registered.

2) in USMS sanctioned meets where all competitors are USMS registered.



Virginia Masters Short Course Championship Meet

Saturday, March 20, 1999

Fort Eustis Aquatic Center, Newport News, Virginia

Sponsors: Virginia Masters Swim Team, Fort Eustis Masters and the Fort Eustis Aquatic Center.

Sanction: Sanctioned by United States Masters Swimming (USMS) through the LMSC for Virginia. Sanction Number 129-003.

Location: Fort Eustis Aquatic Center, Building 641, Tyler Ave., Fort Eustis, Virginia. Pool Phone number: 757-878-1090. From I-64 East or West in Newport News, take Exit 250A (Route 105 West – Fort Eustis Blvd.) Proceed through Fort Eustis main gate. Take a right after the traffic circle on Tyler Ave. The Aquatic Center is on the left (Building 641). Plenty of parking is available at the Aquatic Center and next door at Anderson Field House.

Facility: 11-lane, 25-yard indoor pool with non-turbulent lane markers and overflow gutters. 8-10 lanes will be used for competition (up to 10 lanes for distance events) with remaining lanes open for continuous warm-ups. Colorado Electronic Timing System with 10-line scoreboard will be used. Minimum water depth throughout the course is 7 feet. The pool also features a snack bar, spectator seating and access to locker/shower facilities. The Aquatic Center also features an "Adventure Pool" adjacent to the competition pool with water slides and play areas that will be open for a nominal fee during the meet.

Eligibility: All swimmers must be registered with USMS for 1999. Include a copy of your USMS card with entry form. Virginia registration will be available at the meet or contact LMSC Registrar Craig Campesi (703-447-6618, campesic@usms.org) for information. The standard masters age groups (19-24, 25-29, 30-34, etc.) will be used.

Entries: \$3.00 per individual event for pre-entries plus a \$6.00 surcharge per swimmer to cover meet expenses. Late entries and deck entries will be accepted up to the start of each session at a cost of \$5.00 per event. A swimmer may enter a maximum of 5 individual events plus relays. Relays may be deck-entered at no cost. Entries must be received by Friday, March 12, 1999 or they will be considered late. Entries will not be accepted via electronic mail. All entries must be submitted on the entry form enclosed with a copy of USMS card attached and the liability waiver signed. Entry fees must accompany entries. Make checks payable to Virginia Masters Swim Team. Mail all entries and fees to: Mary Rebarchak, Fort Eustis Aquatic Center, Building 641, Tyler Ave., Fort Eustis, VA 23604-5105.

Format: AM Session: Warm-Ups at 8:00 a.m., Meet Starts at 8:45 a.m. PM Session: Warm-Ups at 11:30 a.m., Meet Starts at 12:30 p.m.

Seeding: All individual events 200 yards or less will be pre-seeded and heats swum slowest to fastest. Late or deck entries will not appear in the heat sheet and will be seeded on a space available basis. Individual events 400 yards or greater will be deck seeded and are considered positive check-in events. Swimmers must check in for the AM session events by 8:30 a.m. and for the 500 Free by 1:00 p.m. Telephone check-in will be accepted on the day of the meet by calling the pool phone number listed above. All relay events will be deck seeded. Events and Heats may be combined where necessary at the discretion of the Meet Director or Referee – no one will swim alone.

Rules: Current USMS Rules and Regulations will apply. The meet will be officiated by USS National-Championship level officials from Virginia Swimming. No diving will be allowed during warm-up except in designated lanes 20 minutes before the end of warm-up. No diving will be permitted in the general warm-up lanes during competition. Swimmers must enter the pool feet first in a cautious manner. Instructions by the designated safety marshal must be obeyed at all times.

Awards: Medals for 1st through 3rd place and ribbons for 4th through 6th place in each event in each age group.

Social: Join us for our masters social at the Aquatic Center after the meet. \$5.00 per person covers food and beverages. All swimmers, officials and their families and friends are welcome.

Information: Contact Mary Rebarchak (757-766-3554) or Charles Cockrell (757-865-6250 or e-mail at cockrell@usms.org).

Schedule of Events

AM Session: Saturday, March 20, 1999

Warm-Ups: 8:00 a.m., Meet Starts: 8:45 a.m.

Womens #	Event	Mens #
1	1000 Y Freestyle	2
3	400 Y Individual Medley	4
5	1650 Y Freestyle	6

*** Check-in for AM Session
Events by 8:30 a.m.**

PM Session: Saturday, March 20, 1999

Warm-Ups: 11:30 a.m., Meet Starts: 12:30 p.m.

Womens #	Event	Mens #	Womens #	Event	Mens #
7	200 Y Medley Relay	8	27	200 Y Backstroke	28
9	200 Y Mixed Medley Relay	9	29	200 Y Breaststroke	30
11	100 Y Butterfly	12	31	50 Y Butterfly	32
13	200 Y Freestyle	14	33	100 Y Freestyle	34
15	100 Y Individual Medley	16	35	50 Y Backstroke	36
17	100 Y Backstroke	18	37	200 Y Individual Medley	38
19	50 Y Freestyle	20	39	50 Y Breaststroke	40
21	100 Y Breaststroke	22	41	200 Y Free Relay	42
23	200 Y Butterfly	24	43	200 Y Mixed Free Relay	43
25	500 Y Freestyle	26			
	20 Minute Break				

*** Check-in for 500 Free by 1:00 p.m.**

Virginia Masters Short Course Championship – Entry Form

Name _____

Address _____

City _____ State _____ Zip _____

USMS # _____ Team _____ Team Abbreviation _____

Age (on 3/20/99) _____ Birthdate ____/____/____

Circle Event #		Event	Seed Time (SCY)	Circle Event #		Event	Seed Time (SCY)
W	M			W	M		
1	2	1000 Freestyle		23	24	200 Butterfly	
3	4	400 IM		25	26	500 Freestyle	
5	6	1650 Freestyle		27	28	200 Backstroke	
7	8	200 Medley Relay		29	30	200 Breaststroke	
9	9	200 Mixed Med. Relay		31	32	50 Butterfly	
11	12	100 Butterfly		33	34	100 Freestyle	
13	14	200 Freestyle		35	36	50 backstroke	
15	16	100 IM		37	38	200 IM	
17	18	100 Backstroke		39	40	50 Breaststroke	
19	20	50 Freestyle		41	42	200 Freestyle Relay	
21	22	100 Breaststroke		43	43	200 Mixed Free Relay	

Summary of Entry Fees

Swimmer Surcharge		\$6.00	\$6.00
Number of Individual Events Entered		\$3.00 Each (pre entries)	
Number of persons attending Social		\$5.00 Each	
Total Amount			

Liability Release: I, the undersigned participant, intending to be legally bound, hereby certify that I am physically fit and have not been otherwise informed by a physician. I acknowledge that I am aware of all the risks inherent in Masters Swimming (training and competition), including possible disability and death, and agree to assume all of those risks. AS A CONDITION OF MY PARTICIPATION IN THE MASTERS SWIMMING PROGRAM OR ANY ACTIVITIES INCIDENT THERETO, I HEREBY WAIVE ANY AND ALL RIGHTS TO CLAIMS FOR LOSS OR DAMAGES, INCLUDING ALL CLAIMS FOR LOSS OR DAMAGES CAUSED BY THE NEGLIGENCE, ACTIVE OR PASSIVE, OF THE FOLLOWING: UNITED STATES MASTERS SWIMMING, INC., THE LOCAL MASTERS SWIMMING COMMITTEES, THE CLUBS, HOST FACILITIES, MEET SPONSORS, MEET COMMITTEES, OR ANY INDIVIDUALS OFFICIATING AT THE MEETS OR SUPERVISING SUCH ACTIVITIES. In addition, I agree to abide by and be governed by the rules of USMS.

Signature _____ Date _____

Checklist

- ✓ Check made payable to Virginia Masters Swim Team.
- ✓ Liability release signed and dated.
- ✓ Copy of USMS Card attached.
- ✓ Photocopy completed entry form for records.
- ✓ Completed entry form, fees and copy of USMS card sent to: Mary Rebarchak, Fort Eustis Aquatic Center, Building 641, Tyler Ave., Fort Eustis, VA 23604-5105. Deadline for pre-entries is **Friday, March 12, 1999**.

Virginia Masters Newsletter
Craig Campesi, Registrar
14134 Walton Drive
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Places To Swim Across Virginia and WVA

** indicates coached workouts*

Blacksburg: Lucille Griffin (540) 552-5943; *Laurel Davis (540) 953-2515.

Charlottesville: *Mark Braiman (804) 296-2387.

Chesapeake: YMCA (757) 547-9622

Fredericksburg/Stafford Area: *Rappahannock Area YMCA, 212 Butler Rd, Amy Smith or Paul Wiesner, (540) 371-9622

Ft. Eustis: *Mary Rebarchak, (757) 766-3554.

Harrisonburg: James Wolfe (540) 574-2919; Susan Lees Arnold, (703) 434-6224.

Kilmarnock: *Oakwood Fitness Center, 804-435-2101, Kathryn Gregory

Lynchburg: *YMCA (804) 847-5597

Newport News: *Riverside Health and Fitness Center (757) 877-8223; *Sentara Fitness Center (757) 827-0420.

Norfolk: *YMCA (757) 622-9622; *ODU (757) 683-6135.

Northern Virginia: *Chinn Aquatic Center, Harry DeLong, (703) 368-0309.

Portsmouth: YMCA (757) 399-5511; Navy Pool, Donna Farney, 757-482-9154

Richmond: *Riverside Wellness & Fitness Center (Briarwood), Robious Rd, Midlothian, Jim Miller (804) 330-3335;
*Tuchahoe YMCA, Patterson Avenue, (804) 740-9622

Roanoke: *Lancerlot Fitness Center, 111 Vineyard Rd, Vinton, Howard Butts (540) 992-1736 (H) or 981-0205 (W);
Gator Aquatic Center, 1130 Overland Rd, Roanoke, Kathy Shober (540) 982-7665.

Staunton: *Staunton YMCA, Diane Kent (540) 885-6069.

Virginia Beach: *Mt Trashmore YMCA, (757) 499-2311; Dam Neck Navy Base (757) 433-6264;

VBCRC: *Great Neck, 496-6766; Princess Anne, 426-0022; *Bayside, 460-7540, Kempsville, 474-8492,
Bow Creek 431-3765; Seatack, 437-4858.

Waynesboro: YMCA, 648 Wayne Ave, Bret Figgatt, 540-943-5012

Williamsburg: *James City Co Rec Center, Longhill Rd, 220-4700.

West Virginia: *Concord, Tim Mainland (304)384-7473